

# YOU DRIVE ME CRAZY

## *Destructive Behavior*

### Four Basic Reasons We Have Destructive Behavior

#### 1. Ignorance

**Hosea 4:6a** my people are destroyed from lack of knowledge. (NIV)

#### Teachable Spirit

**Proverbs 12:15** Fools think their own way is right, but the wise listen to others. (NLT)

#### 4 Phases Of Ignorance:

1. You think you know but you don't know
2. You don't know what you don't know
3. You know you don't know
4. You begin to know and grow

**Proverbs 19:20** Get all the advice and instruction you can, so you will be wise the rest of your life. (NLT)

**Proverbs 15:14** A wise person is hungry for knowledge, while the fool feeds on trash. (NLT)

#### 6 Practical Ways To Store Up Relationship Wisdom

1. Read a marriage book or marriage devotional every year
2. Get in a small group together
3. Have a godly couple mentor you
4. Attend a marriage conference annually
5. If your relationship is stuck or destructive, meet with a Christian counselor
6. Never stop learning. You never arrive.

#### 2. Past hurts

##### 1. Bring your hurt into the light

**John 1:5** The light shines in the darkness, and the darkness has not overcome it. (NIV)

## **2. Take responsibility by forgiving**

**Proverbs 17:9** Love prospers when a fault is forgiven, but dwelling on it separates close friends. (NLT)

## **3. Negative influences**

**Proverbs 13:20** Become wise by walking with the wise; hang out with fools and watch your life fall to pieces. (MSG)

## **4. Defensiveness**

**Proverbs 16:18** First pride, then the crash— the bigger the ego, the harder the fall. (MSG)

### **The Destructive Results of Defensiveness**

1. You will not allow people to process problems, voice their concern or share their feelings
2. You will not validate other people's concerns
3. You constantly criticize and justify
4. You stay emotionally unhealthy

**1 Peter 5:5–7** In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble.”<sup>6</sup> So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.<sup>7</sup> Give all your worries and cares to God, for he cares about you. (NLT)

### **How do we overcome defensiveness?**

#### **1. Humble ourselves**

**Proverbs 11:2** When pride comes, then comes disgrace, but with humility comes wisdom. (NIV)

#### **2. Keep our mouths closed and ears open first.**

**Proverbs 18:13** To answer before listening— that is folly and shame. (NIV)

**James 1:19** My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (NIV)

#### **3. Resolve the issue with conversation.**